

Candy Christophe, LCSW, LAC

Speaker | Licensed Clinical Therapist | Author
Author | You Can Have Both™ Legacy Blueprint Series



Education

Candy Christophe is a first-generation college graduate who completed two degrees in four years while navigating extraordinary pressure. During her sophomore year she married and became a wife and mother the same day, balancing family responsibilities with academic demands while proving she belonged in college.

While in graduate school Candy survived a major stroke—later surviving two additional strokes years apart—shaping her understanding of resilience and sustainable success. Today she is a licensed clinical social worker, addiction counselor, nonprofit founder, and entrepreneur equipping students with strategies for leadership, resilience, and success without burnout.

Some students drop out.

Some students burn out.

Both are crushed by pressure no one talks about.

Signature Keynotes

▶ **Your GPA Is Not Your Identity**

Helping students separate achievement from self-worth.

▶ **Working Harder Almost Killed Me**

The smarter way to pursue success without burnout.

▶ **Love Shouldn't Hurt**

Recognizing unhealthy relationships with success.



STUDENT OUTCOMES & TAKEAWAYS

- Apply practical academic strategies
- Identify and implement a personal success strategy
- Recognize early warning signs of burnout and overload



BOOKING INFORMATION

CandyChristopheSpeaks.com (Booking)

CandysLegacyBlueprints.com (Bookstore, Coaching & Masterclasses)

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